The USDA Edamame Project is a four-year, $3.7 million project based at Virginia Tech that aims to develop edamame varieties for mechanized production and improved consumer acceptance to increase sustainability of the vegetable industry.

This project spans three universities (VT, U-Missouri, U-Ark) and combines expertise in Plant Breeding, Economics, Food Science, Extension, and Phenomics to increase competitiveness and consumption of domestically produced edamame products with improved sensory attributes.

The advisory board consists of experts from both public and private sectors to assist the team in achieving our goal in making the U.S. the main supplier in the global market for edamame.

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EDAMAME
Pronounced ("eh-duh-mah-may")

Lean, green, and full of protein!
**What is edamame?**

‘Edamame’ is Japanese for “beans on branches” and are simply edible immature soybeans still in their pods. It has been widely consumed in Asian countries for centuries.

**What is the difference between edamame and soybean?**

Edamame is a non-GMO specialty soybean typically producing larger seeds with higher sugar content than more traditional soybean varieties.

**Growing edamame**

Edamame is typically planted early spring and harvested late summer to early fall. Edamame is harvested as a vegetable when the seeds are immature but have expanded to fill 80 to 90% of the pod width while moisture levels remain at 65-70%. It can be harvested by hand or mechanically.

**Demand**

There is vigorous growth in demand for edamame over the past two decades, estimated at 12-15% annually. Edamame has quickly become the second largest soyfood consumed in the U.S. (25,000-30,000 tons annually) and is being sold in many grocery chains, farmer’s markets, and restaurants such as McDonald’s.

**Nutrition**

Edamame, like other soybean-based food products, is loaded with healthful nutrients and delivers some of the highest-quality protein available from a plant-based food. Fresh edamame seed contains 10-14% protein, and is rich in essential amino acids, dietary fiber, minerals and vitamins. It is also a nutritional ally to vegetarian and vegan diets.

**Try it for yourself.**

Here are two simple recipes you can make using frozen edamame from the grocery store!

### Roasted Edamame Beans

- 2 tsp. olive oil
- 1/2 tsp. chili powder
- 1/4 tsp. each of onion salt, dried basil (crushed), and ground cumin
- 1/8 tsp. each of paprika & pepper
- 10 oz. shelled edamame beans (thaw for ~15-20 mins)

Preheat oven to 375°F. Mix olive oil and seasonings. Drizzle mixture over edamame beans and toss to coat well. Arrange seasoned edamame beans in a single layer on a shallow baking dish. Roast in oven, uncovered until beans begin to brown (12-15 mins). Serve as an appetizer, side dish, or on-the-go snack during the day!

### Garlic Edamame Pods

- 3 cloves of garlic, crushed (not minced)
- Course sea salt
- 2 tbsp. olive oil
- 1 lb. frozen edamame pods

Boil frozen edamame for approx. 3-5 mins. Drain, pat dry, and set aside. Heat olive oil in skillet, then add crushed garlic cloves and dried edamame pods. Toss until edamame pods begin to brown. Consider adding edamame in two batches depending on size of skillet. Season with sea salt and serve hot alongside some low-sodium soy sauce.